THE

WATER-CURE JOURNAL,

AND

HERALD OF REFORMS.

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

OUR OBJECTS.

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY; EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

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THE WATER-CURE, as a general thing, is safe, harmless, and capable of being made use of by EVERY FAMILY at "Home," in all ordinary cases, *whenever* and WHEREVER *any* remedy is necessary.

IN VIEW of this FACT, we ask, "Is it not the duty of all who have been BENEFITED by this GREAT, yet simple SYSTEM, to recommend it to their friends and neighbors?"

WITH ENTIRE CONFIDENCE, THEN, do we appeal for aid, to those who would rescue mankind from the jaws of a premature grave, by placing in their hands the means of preserving HEALTH and prolonging LIFE to a green old age; and, for this purpose, we tender the New Volume of **The Water-Cure Journal for 1853.**

Index to Volume 13, for 1852.

PAGE

A Word with the Thoughtful, ... 9, 82
A few Words with our Friends, ... 12
Age of Progress, ... 20
Answers to Correspondents, . . 22, 45, 68, 93, 116, 140
American Costume, ... 40, 43, 92
An Autobiography, ... 53, 101, 123
A Word for whom it may concern, ... 60
Appeal to Prospective Mothers, ... 69
April Matters, ... 85
Allopathy *adversus* Woman, ... 86
A New Quackery, ... 90
Allopathic Practice and Allopathic Success, ... 103
Another Cure-all for Consumption, ... 109
A Renovated Man, ... 120
A "Regular" in the Wet Sheets, ... 122
Adulterated Food, ... 133
Appearance of the Allopathic Doctor, ... 139
Appearance of the Water-Cure Doctor, ... 139
Bloomer Costume, ... 18, 19, 97, 138, 139
Bachelor's Woes, ... 20
Book Notices, ... 22, 45
Belief in Water-Cure, ... 125
Bloomer Waistcoats, ... 138
Chemistry of Life, ... 5, 51
Colloquy in a Grocery, ... 6, 79
Children, Death of, ... 12
Challenge for a Discussion, ... 18
Children, their Management, ... 63
Cholera, Case of, ... 76
Cases of Water-Cure, ... 99
Cases of Home Treatment, ... 106
Cases of Every-Day Occurrence, ... 127
Call from the West, ... 128
Case of Convulsions, ... 129
Coming Back, ... 134
Cooling off a Doctor, ... 135
Children's Parties, ... 139
Death of Children, ... 12
Dyspepsia, ... 33
Death of Priessnitz, ... 60
Direction and Processes of the Water-Cure, ... 76
Drippings from a Wet Sheet, ... 80
Disease and its Remedy, ... 104
Duration of Human Life, ... 109
Direction to Writers for the Press, ... 114
Dress, Bloomerism, ... 115
Early Experience in Practice, ... 11
Early Experience in Water-Cure, ... 12
Erysipelas; Home Treatment, ... 14
Evidence and Testimony, ... 17
Evils of Drug Treatment, ... 82
Esculapius the Younger, ... 66
February Notes—Staff of Life, Suicide, Female Physicians, Novel Practice, Priessnitz, Reform in Language, ... 37
Fashion Plates, ... 19, 43, 67
Female Midwives, ... 112
Facts vs. Skepticism, ... 124
Gossip from Ohio, ... 17
Getting ahead of us, ... 18
Generous Response, ... 25
Gossip from Boston, ... 39, 63, 112, 136

PAGE

Good Manners, ... 44
Gossip from Ohio, by a Ploughboy, ... 89
Gymnasium in Washington, ... 108
Gossip from Pennsylvania, ... 113
Human Physiology, True Basis of Reform, ... 1
Hæmorrhages from Wounds, ... 6
Home Practice, Cases of, ... 10
Health becoming Vulgar, ... 12
Hydropathic Encyclopædia Review, ... 16, 87
How do you do—A happy New Year, ... 17
Human Hair Magnetized, ... 18
Honesty in Little Things, ... 20
Hydropathic Institute, Commencement of, ... 40
Harmonies of Life, ... 42
Home Practice, ... 56
Hydrocephalus cured, ... 57
Home Experience, ... 57
Hungarian Bloomers, ... 67
Hair Tonics, &c., ... 67
Home Experience in Water-Cure, ... 93
Howard, John, ... 102
Habits, English and American, ... 131
Hovey's Seedling Strawberry, ... 140
Inflammation of the Lungs, ... 10
Illustrations of Physiology, ... 23, 49, 73, 97, 121
Itch, ... 75
Interesting Experience in Home Practice, ... 70
Is it possible—Progress, ... 111
I love to be a Bloomer, ... 116
Infancy, Anxieties relative to, ... 126
It's Nothing New, ... 136
Kossuth: His personal Appearance, ... 42
Keep the Head cool, ... 108
Liver Complaint, Chronic, ... 33
Letter from Vermont, ... 56
Lines to Jane, ... 67
Lead *vs.* Zinc—Public Health, ... 84
Let Nature and Capacity Control, ... 84
Milliners and Dress-Makers, ... 21
Matrimony, ... 21
Marasmus: Wasting of the Flesh, ... 33
Mammary Abscess, ... 82
Mammoth Water-Cure of the West, ... 71
Merited Testimonial, ... 91
May Topics, ... 109
Matters for June, ... 133
More Testimony, ... 136
Modern Belle, ... 139
New Year Reflections, ... 13
Novel Application of Water-Cure, ... 15
Nogg and Quogg from Scroggs, ... 90
New Medical College in New York, ... 107
Nervous Diseases, ... 127
New Costume, ... 139
Organic Laws, Review, ... 17
Old School Convert, Testimony of, ... 57
Old Fogy on Temperance, ... 60
Our New Epoch: A Personality, ... 109
Past and Future—A brief Review, ... 17
Premiums, ... 20
Pastoral Hygiene Review, ... 22

PAGE

Priessnitz, Life and Character of, ... 31
Physiology the Basis of Education, ... 78
Proposed Discussion, ... 88
Predisemmentary, ... 109
Physiology and School Teachers, ... 125
Physic thrown to the Dogs, ... 134
Quackery in Water-Cure, ... 93
Quackery, Eradication of, ... 108
Rocky Mountain Bloomers, Illustrated, ... 19
Report of Cases, ... 33
Reform in Medical Practice, ... 58
Reply to Dr. Kittredge, ... 91, 108
Results of reading a Water-Cure Almanac, ... 105
Rheumatic Fever, ... 124
Spinal Diseases, Illustrated, ... 2
Scarlatina, or Scarlet Fever, ... 28
Sea-sickness, ... 110
Shower Bath as a Penalty, ... 110
Syncope—Fainting, ... 131
Thanks to Editors, ... 1
The Teeth, their Nature and Treatment, 14, 27, 36, 79, 105
Typhus; Water-Cure in, ... 16
The Suicide's Grave, ... 59
Topics for March, ... 61
Ten Thousand Curved Spines, ... 65
The Fathies Illustrated; Right and Wrong Way, ... 69
True System of Medicine, ... 91
Typhus Fever, ... 104
Testimony of an Allopathic Physician, ... 130
Tobacco; a Poem, ... 131
Theory of Population, ... 134
Varieties, ... 25, 66
Voice from the Catskill Mountains, ... 64
Voice of the Fountain, ... 113
Water-Cure People, a Word to, ... 8
Water-Cure in Families, ... 16
Water-Cure Education, ... 19
Water-Cure in Tennessee, ... 20
Water-Cure in Organic Diseases, ... 37
Women and Medical Science, ... 34
Winter Fashions—French and American, ... 43
Water-Cure Establishments, New, ... 49
Water-Cure Movements, ... 64
Woman's Redemption, ... 65
Water-Cure in Kentucky, ... 69
Water-Cure Directions and Processes, ... 76
Water-Cure Directions for Home Treatment, ... 77
Water-Cure in America, ... 88
Water-Cure for the People, ... 92
Water-Cure in Iowa, ... 93
Wyoming Cottage Water-Cure, ... 95
Wounds and their Cure, ... 98
Water-Cure in Hospitals, ... 107
Words for the Thoughtful, ... 115
Winter Fever, ... 125
Water-Cure in Canada, ... 129
Water-Cure at Home, ... 129
Water-Cure in Iowa, ... 130
Water-Cure Triumphant, ... 130
Water-Cure for Horses, ... 130
Water, a Poem, ... 131

Index to Volume 14, for 1852.

	PAGE
Allopathic Morality; Allopathic Hydropathy,	14
Answers to Correspondents,	20, 52, 77, 101, 125, 145
An Autobiography,	36
Audiatur, Altra Pars,	44
A true Prophet,	48
Asphyxia from Lightning,	50
A Victim's Lament,	51
Advice to Weakly Females,	62
A Word for Hydropathy,	63
A Word from the West,	64
A Farmer's Experience,	67
An Ague Sore,	90
Aromatic Scheidam Schnapps,	117
A Water-Cure Society,	122
An Editor's Lament,	124
A Sunset on the Lake,	125
A New Cure-all,	135
Advice to Sundry People,	135
Appeal to the Charitable,	125
A Case of Regular Practice in the West,	135
A Frank Confession,	135
A Letter from a Farmer's Daughter,	137
Beds and Bedding,	24
Brother's Advice to a Sister,	47
Bowel Complaints,	70
Bloomerism,	76, 118
Bilious Remittent Fever,	106
Bathing and Swimming,	113
Cases of Water-Cure,	2
Chemistry of Life,	4, 108
Cases of Disease,	7
Coming Back Alive,	21
Condition and Prospects of Man,	44
Cold Plunge Bath in Hydrophobia,	47
Convert from Allopathy,	49
Cincinnati Water Cure,	55
Coffee,	63
Cause of Small-Pox,	64
Cause and Effect, a Poem,	88
Cases treated at Glen Haven,	107
Cases treated at the Elmira Water-Cure,	138
Dress Reform,	23
Dressing a Blister,	68
Doctors Wanted,	68
Diary of a New England Physician,	72, 94, 130
Dress, Disease, and Doctors,	91
Distillery Milk,	93
Drippings from A Wet Sheet,	96
Doctors opposing Reform,	96
December Topics,	141
Death of Daniel Webster,	142
Every-Day Cases,	13, 43
Education,	13
Embryon State,	38
Eclectics for August,	45
Experience in Water-Cure,	106, 143
Family Physician,	50
Future of Nations,	54
Frances D. Gage, Letter to Dr. Jackson,	60
Frogs in Council,	75
Female Consumption,	99
Fair Haven on Lake Ontario,	98
Fatal Effects of taking his own Medicine,	128
Farewell, Dr Allopath,	139
Gossip from Boston,	22, 40
Glen Haven Festival,	39
Gossip from Ohio,	120
Good Looking,	121
Grapes,	122
Gossip from Indiana,	124
Health Maxims,	15
Hydropathic Encyclopædia,	20
Hints on the Reproductive Organs,	48
How beautifully we all revolve,	73
Hair and Nails,	109
Holland Gin as a Medicine,	117
Hydropathic Institute,	122
Inflammation of the Lungs,	74
Internal Process of taking cold,	83
Incident in the Annals of Water-Cure,	115
Isn't it Murder?	116
July Topics, 4th of July Oration,	17
Kossuth, on the Future of Nations,	54
Liquid Eloquence,	27
Letter from Mrs. Gove Nichols,	112
Mad Dogs and Hydrophobia,	18, 25
Mad Men and the Maine Law,	18
Mothers are the best Reformers,	19
Midwifery and Diseases of Women,	20
Methodist Ministers, Premature Death of,	49
Moore, Thomas,	75
More Chloroform,	118
Maternal Testimony,	139
Miscellany,	142
Notes on a Lecturing Tour,	5
Nichols, Mrs. Gove, Letter from,	67
November Notes,	117
Objections to the New Costume,	52
Old and New Issues,	65, 134
Our generous and noble Co-workers,	73
Opinions of the Press,	86
October Gatherings,	93
Our Campaign Documents,	121
On the Anxious Seat,	121
Physiology and Pathology of the Skin,	10, 34
Physiology—Schools and Teachers,	15, 42
Purifying the Air,	20
Persecution—Fun ahead,	24
People's Washing and Bathing Association,	25
Physical Development, to Mothers,	58
Packing Extraordinary,	74
Physical Debility Transmissible,	83
Process of taking Cold,	85
Physicians against Reforms,	92
Public Lectures,	94
Physicians Wanted,	98
Patent Medicine Man, Illustrated,	100
Perils of Childbirth,	110
Physiology in Minnesota,	122
Prospectus of the Water-Cure Journal for 1853,	148
Reply to Rebecca Roxana,	50
Reasons for becoming a Lecturer, Mary A. Torbit,	91
Right View of the Subject,	97
Railroad and Lake, Notes by the Way,	113
Rum and Tobacco,	118
Sting of the Wasp and its Cure,	20
Safety of Water Appliances,	43
Smoking in the Street,	50
September Topics,	69
Spiritual Poetry,	70
Scalds and Burns,	90
Swimming,	97
Scarlet Fever, a Case,	110
To the Mountains and Lakes,	27
Tobacco Worshippers, Illustrated,	53
Tobacco, a Poem,	66
The Good Work advancing,	71
The True Balm of Gilead,	92
Teeth Destructives, Tartar,	115
The Man in the Wet Sheets, Illustrated,	125
The Future Results of Water-Cure,	129
The Close of 1852,	140
Voluntary Testimony of an Allopathic Physician,	50
Vegetarianism. Mrs. Gage on,	60
Voices From the Country,	89
Voices From Home,	110
Vegetarian Department,	122
Varieties,	27, 52, 78, 95, 124, 145
Water-Cure at the West,	7, 46
Water-Cure in Surgery,	8, 130
Water-Cure in Croup,	16, 44
Water Cure in Oregon,	21
Water-Cure among the Green Mountains,	22
Wate-Cure and Allopathic Doctors,	24
Water-Cure in New London, Ct.,	25
Water-Cure Publications, List of,	32
Water-Cure at Home,	42
Why I am a Hydropathist,	46
Washing out the Drugs,	49
Water-Cure in Mississippi,	50
Weakly Females, Advice to,	62
Water-Cure in Cholera,	65
Water Doctors Wanted,	68
Water-Cure in Dysentery,	70
Woman in all Ages and Nations,	71
Water-Cure in the West Indies,	74
Water-Cure in Fevers,	84
White Blackberry and *Black* Blackberry,	90
Water-Cure for Egyptian Ophthalmia,	107
Water Cure in Lockport,	111
Water-Cure in the South and South-West,	114
Water-Cure in the South,	110
Water-Cure for Horses,	121
Wate-Cure Establishments,	127, 138, 147
Water-Cure in Flesh Wounds,	139